

EXHIBIT F

From: Jason Sasanfar [jsasanfar@silvergate.com]
Sent: 1/3/2023 1:46:58 PM
To: Antonio Martino [amartino@silvergate.com]
Subject: FW: Updated short term glide path conversation

From: Cibull, Steven <CibullS@fhlbsf.com>
Sent: Tuesday, January 3, 2023 3:14 PM
To: Jason Sasanfar <jsasanfar@silvergate.com>
Subject: [EXTERNAL] Updated short term glide path conversation

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Jason,

Summary of our conversation...

Requests and expectations

- 1) Request to roll Wednesday's \$1.26B in maturities to the following
 - a. \$260mm to mature Friday 1/6/23
 - b. \$1B to mature Friday 1/13/23
- 2) Expectation to pay down \$260mm on Friday 1/6/23
- 3) Expectation to pay down \$600mm on Wednesday 1/11/23
- 4) Expectation to pay down at least \$615mm on Friday 1/13/23
- 5) If the above is true, Silvergate will be able to roll the remaining \$385mm maturing on 1/13/23 for a suitable term up to a few months.
- 6) Please keep in mind when rolling advances for longer term that Silvergate remains conscious of remaining within 25% of total assets using month-end asset levels.

Please confirm if I was able to capture the conversation correctly. If all seems correct, I will confirm internally if this glide path is acceptable.

Thank you,

Steven R. Cibull

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